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MISSOURI LEAGUE FOR NURSING, INC.
P.O. Box 104476
Jefferson City, MO 65110-4476

FINAL NOTICE!

DIABETES One Life at a Time

Six Sites
CE Approved



February - June, 2006

Co-Sponsored By:

Audrain Medical Center
and

MISSOURI LEAGUE FOR NURSING, INC.
P.O. Box 104476
Jefferson City, MO 65110-4476
(573) 635-5355 FAX (573) 635-7908
Email: mln@monursing.org
www.monursing.org

Registration Information

REGISTRATION FEES for one-day workshops will include all course materials, CE and beverage breaks. Lunch is on your own. One-day registration fees are: Member \$85; Non Member \$115. If you are paying the non member rate, you can join the MLN as an Individual member by paying an extra \$10 with this workshop (\$125) – see registration form for details.

Group Rate: Three or more pre-paid registrations will **EACH** receive a \$10.00 discount on one-day workshops. Registrations must be received together accompanied by **ONE** check or MC/Visa charge for the same one-day workshop topic. No refunds will be granted for group rate cancellations.

PAYMENT OF REGISTRATION FEES: Payment/registration must be received by noon the day prior to the workshop. **WE CANNOT BILL YOU.** We accept checks or money orders payable to the Missouri League for Nursing, MasterCard, Visa and debit cards as payment. You may register by mail, phone (573) 635-5355 between 8:30 a.m. - 4:30 p.m., fax (573) 635-7908 or on-line at www.monursing.org. Registrations via phone, fax and on-line must use MasterCard, Visa or debit card. There is a \$25 service charge on returned checks.

ON-SITE REGISTRATIONS: On-site registration is permitted only if space is available and on a first-come, first-serve basis with payment of fees plus an additional \$15. **NOTE:** If registration fees have not been received in the MLN office by noon the day prior to the workshop, you must register according to this on-site registration policy. If you have not pre-registered, please call the day before the seminar to confirm that there have been no program changes (573-635-5355).

SUBSTITUTIONS AND CANCELLATIONS: Substitutes are allowed. You may cancel (except with group rate) your registration up to 48 hours prior to the one-day workshops and receive full credit or a partial refund. Upon receipt of a written request, your registration fee, less a \$15.00 processing charge, will be refunded for one-day workshops. If you cancel less than 48 hours prior to the seminar, you may (1) send a substitute or (2) transfer your registration to another seminar within 12 months. Refunds/credits cannot be made if registrant fails to attend without prior notification. We reserve the right to cancel a program if insufficient enrollment occurs. A credit or refund will be offered to you. MLN may provide a substitute presenter without notice in case of unforeseen circumstances.

CONFIRMATION OF REGISTRATION: Written confirmations will NOT be sent. Please call (573) 635-5355 between 8:30 a.m. - 4:30 p.m. to verify registration.

RECIPROCITY: The MLN has been given reciprocity by the Arkansas, Kansas and Illinois State Boards of Nursing. All continuing nursing education credits offered by the MLN will be accepted in Arkansas, Kansas and Illinois.

MISCELLANEOUS: Income tax deductions are permitted by U.S. Treasury Regulation 1.162-5 for educational purposes. Smoking is prohibited. Pagers and cellular phones should be placed on vibrate or silent ring. No children/guests allowed unless prior approval is authorized by MLN. Contact MLN to arrange for special ADA needs. Bring a sweater or jacket due to varying meeting room temperatures.

CE Information

PURPOSE: To provide health care professionals with tools that are as unique and individual as the patients they care for and educate each day.

OBJECTIVES: Upon completion of the workshop, participants will be able to:

1. Discuss prevalence of diabetes in the U.S. and Missouri.
2. Define the different types of diabetes.
3. Discuss diabetes self-management training.
4. Identify proper diet and exercise.
5. Discuss how to empower your patients.

SPEAKER: Cheryl Lummis, RN, BSN, CDE, Diabetes Educator, Audrain Medical Center. Cheryl has been a Patient Educator for six years, worked as a staff nurse on the telemetry step-down unit, and was a back-up charge nurse.

CE APPROVED

NHA: Approved for patient care (PC) clock hours by the Missouri Board of Nursing Home Administrators through TA #044-606 (5 PC clock hours).

RN: The Missouri League for Nursing is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Reciprocity has been given by AR, KS and IL (6 contact hours).

LPN: Approved through the Missouri State Association of Licensed Practical Nurses (6 contact hours).

RD/DTR: Approved for CPE Level II hours by the Missouri Dietetic Association, an accredited approver by the Commission on Dietetic Registration (CDR) of ADA.

DM: Approved by the Certifying Board of Dietary Managers (5 clock hours).

Certificates will be awarded.

Program Content

- 8:30 a.m. Registration
9:00 a.m. Prevalence of Diabetes
Types of Diabetes
Break
10:30 a.m. Self-Management Training
- Individual, Classes, Group Visits and Support Groups
 - Assessment and Follow-up
- 11:45 a.m. Lunch (on your own)
1:00 p.m. Self-Glucose Monitoring
- Types of Meters
 - Logging
- Beverage Break
2:30 p.m. Diet and Exercise
- New Food Pyramid
 - Choosing Types of Exercise
 - Getting Started
 - Staying Motivated
- 3:00 p.m. Empowering Patients
- Tools to Care for the Disease
- 3:45 p.m. Evaluations and Certificates

Locations

- February 23 **Springfield**, Cox Medical Center North, Fountain Plaza Room, 1423 N. Jefferson Ave. (Enter from Jefferson Ave. & through the School of Nursing.)
- February 24 **Jefferson City**, Capital Region Medical Center Southwest Campus, Conference Room, 1432 Southwest Blvd. (Enter through Cancer Center.)
- April 25 **Macon**, Loch Haven Nursing Home, Activity Room, 701 Sunset Hills Drive
- June 9 **St. Louis**, St. Anthony's Hyland Education & Training Center, Great Room, 10020 Kennerly Rd. (From Hwy. 270, turn south onto Tesson Ferry Rd., turn right on Kennerly and then left to enter hospital campus, building on right in back of campus.)
- June 15 **Kansas City** (Lee's Summit), John Knox Village, Ambassador Room, 400 NW Murray Road (I-470 to Hwy 50 East, take Chipman Road to the west. The Ambassador Room is located by the KC Internal Medicine office. Park at the Pavillion and walk across Murray Rd. to the Ambassador Room.)
- June 16 **St. Joseph**, Hillyard Technical Center, Room 103, 3434 Faraon

2006 Registration Form

DIABETES One Life at a Time

(Please print or type – for multiple registrations, please copy form)

Your Name _____

S.S. # _____

Home Address _____

City, State, Zip _____

Home Phone _____

Position _____

Please Check One:

☐ NHA ☐ RN ☐ LPN ☐ SW ☐ OTHER _____

Place of Employment _____

Address _____

City, State, Zip _____

Work Phone _____

Fax # _____

E-mail _____

Providing your e-mail address authorizes the MLN to e-mail you timely information.

_____ February 23 – Springfield

_____ February 24 – Jefferson City

_____ April 25 – Macon

_____ June 9 – St. Louis

_____ June 15 – Kansas City (Lee's Summit)

_____ June 16 – St. Joseph

Please check method of payment. We cannot bill you.

☐ Check Enclosed ☐ Debit Card

☐ MasterCard/Visa Total Enclosed \$ _____

Card # _____ Exp. Date _____

Signature: _____

For security purposes:

Zip Code of credit card billing address _____

Last three digits in authorized signature box _____

Send payment to: **Missouri League for Nursing, P.O. Box 104476, Jefferson City, MO 65110-4476**

Please Check:

_____ **Add \$1 to my registration fee to support nursing scholarships**

_____ MLN Individual Member \$85

_____ MLN Agency Member \$85

_____ Non Member \$115

_____ Group Rate Member (3 or more) \$75 each

_____ Group Rate Non Member (3 or more) \$105

_____ Program & 1 year MLN Individual Membership \$125

_____ Program & 1 year MLN Agency Membership \$235

_____ **On Site Registration, Additional \$15**